



Exercise Your Future: Staying Fit with CF

Exercises for the school-age child, 4 to 12 years

Why exercise?

Being active and exercising is important to everyone with CF. Children with CF who exercise are happier and healthier than those who do not. We recommend a combination of exercises: aerobic or cardiovascular exercises that work your heart and lungs; and core exercises that increase your abdomen strength and chest wall strength and mobility (flexibility).

Tips for success

At this age, it is really most important that your child with CF is moving and active. Make sure you choose activities that:

- are fun
- fit into your family's schedule
- can be done with family or friends

Aerobic/Cardiovascular Exercises

- Play running games
- Dancing
- Bouncy house
- Jump rope/jumping jacks
- Play tag
- Tricycle or bike
- Playground activities
- Skate or rollerblade
- Ride a skateboard or scooter
- Do an organized sport (soccer, basketball, baseball)
- Gymnastics
- Any activity that increases heart rate is good!

The goal: Do a fun activity of your choice three to five times a week for at least 20-30 minutes.

Core strengthening and chest mobility exercises

These exercises help build stronger muscles and bones. The muscles of your chest, abdomen and legs are important for breathing and overall well being. Breathing exercises might also help increase the strength and mobility of the chest wall. Regular exercise helps to improve the lung function. This means there are more reserves to use during a pulmonary exacerbation or lung infection. Some of these exercises include:

- Singing, harmonica, kazoo
- Playing a wind instrument
- Blow bubbles or whistles
- Monkey bars
- Doing sit ups, crunches, and push-ups
- Throw, catch, dribble or bat a ball
- Push or pull a heavy toy or play "Tug of War"

The goal: Do two to three sessions of core strengthening/chest mobility exercise each week for 10-15 minutes.

Please see the CF exercise video "Exercise Your Future: Staying Fit with CF" for details about the following exercises.

Exercise Your Future: Staying Fit with CF - School-age child



Banana

- Lie on back with hands above head and feet up. Hold for a few seconds.



Superman

- Roll over onto abdomen, keeping hands and feet off the ground. Hold for a few seconds.
- Roll back and forth between Banana and Superman positions.
- Repeat several times.



Giant steps

- Take large steps, bringing knee down almost to the floor.
- Do several steps forward and then backward.

Exercise Your Future: Staying Fit with CF - School-age child



Wheelbarrow

- Have an adult hold your feet.
- Take small steps with your arms.
- Go up and down a small step for a harder exercise.



Egg roll

- Get into a tight ball position, hugging knees, feet very close to rear end.
- Roll back and try to get all the way back up.
- Repeat several times.



Teeter-totter

- Lie over stability ball.
- Go forward on hands, lifting legs up in the air.
- Then put feet on the ground and lift arms up into the air.
- Repeat several times.

Exercise Your Future: Staying Fit with CF - School-age child



Push-ups on ball (Easier)

- Lie over stability ball.
- Walk out with hands until ball is under hips.
- Do a push-up.
- Repeat several times.



Push-ups on ball (Harder)

- Lie over stability ball.
- Walk out with hands until ball is under knees.
- Do a push-up.
- Repeat several times.

To Learn More

- Cystic Fibrosis 206-987-2024
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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